



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Pokahr, Viola

Club: Sonntagsläufer Tambach-Dietharz

Number: 1967

Course: 12.50 km

12,5 km -Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:36:00

Speed: 7.50 km/h

Running performance: 7:41 min/km

Rank in course/Total: 244 (of 246)

Rank in course/Women: 56 (of 56)

Best time in course: 52:30

Rank in category: 7(of 7)

Best time in the category: 59:20